

# REDUCE BIRTH DEFECTS

If you are a female of childbearing age,  
taking the following steps may help reduce birth defects.



**Take a multivitamin every day.**

Make sure it contains 400 micrograms of folic acid.



**End bad habits.**

Avoid alcohol, tobacco products, or using street drugs.



**Take charge.**

Keep diabetes and other chronic diseases under control.



**Reach and maintain a healthy weight.**

Exercise and eat a healthy diet to reduce your risk of chronic diseases.



**Prevent Zika.**

Zika infection during pregnancy can cause birth defects. Talk with your healthcare provider about your travel plans if you are pregnant or plan to become pregnant in 2017.



[www.scdhec.gov/birthdefects](http://www.scdhec.gov/birthdefects)



**TRACK IT.  
MAP IT.  
USE IT.**

SC Environmental  
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Tracking